

Personal/Household | **My Awesome Day Schedule for _____**

Mary Kay

- Six Most Important Things**
1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____

Delegate:

FOCUS = Follow One Course Until Successful!!!!

Get up by _____ am

Make Bed _____

Devotions _____ am - _____ am

Dress for Workout _____

Workout _____ am - _____ am

Straighten House _____

Breakfast/Take Vitamins _____

Shower/Dress/CD _____ - _____ am

POWER HOUR (1—3 hrs/day)

Check Emails (limit to ___ min.) _____

Write tomorrow's list _____

Flip MK switch off at _____ pm

Scheduled Bed Time _____ pm

- 7am _____
- _____
- 8am _____
- _____
- 9am _____
- _____
- 10am _____
- _____
- 11am _____
- _____
- 12am _____
- _____
- 1pm _____
- _____
- 2pm _____
- _____
- 3pm _____
- _____
- 4pm _____
- _____
- 5pm _____
- _____
- 6pm _____
- _____
- 7pm _____
- _____
- 8pm _____
- _____
- 9pm _____
- _____

Mental Bath

B Add 3 Bookings _____

A Say Affirmations _____

T Listen to a Training CD _____

H Share Hot News w/ Director _____

Booking/Coaching Calls:

Recruiting Calls:

Preprofiling:

Follow up Calls:

- Six Most Important Things**
1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____

Customer Contacts:

Notes to Write:

Calls to Return:

Sales Today: _____

“Fan into flame the gift of God which is in you through the laying on of my hands. For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.”

II Timothy 1:6&7